

DESERT ROUNDUP



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NASF gets needed counseling after two years

By JO2 Eric D. Ritter

Command Career Counselor, NC1(SW) Alfred "Big Al" Jones has some shoes to fill—and not because

his predecessor was an incredible sailor or anything like that. There just wasn't anybody in those shoes for the past few years at all.

Jones arrived here, Oct 28, to fill

a billet that has been essentially empty for about two years.

"It's a challenge," Jones said. "There's a lot of work to do. Luckily, the framework was still there from the last counselor," Jones said. "But now we need to make sure that all the parts are working properly."

Jones said that even though he holds the title of counselor, he is more of career information manager.

"Each department has their own people who act as divisional career counselors," he said. "The first contacts that sailors should go to would be their departmental counselor, and if any of those counselors have any questions, I will be happy to work with them."

One of the issues that Jones said he

wishes to improve is that of the quality of life for the sailors.

"We have to concentrate a lot on sailors—especially the first term sailors. We need to make them want to stay Navy."

The number one reason our first-term sailors get out is that they say they don't feel appreciated in their jobs. Although nothing's to say that it would be any better on the outside, but we still help guide the sailor through those choices."

The other focus for Jones right now is getting to know the base better now.

"I've been keeping busy since I got here, getting myself familiar with the base and the people."

He said that he is also meeting with many of the departmental counselors and getting a feel for how they are doing.

"This is a collateral duty for these departmental reps, so they may not have had all the training that is required. A lot of them are new to this, and we're going to have a lot of training to help us get better at this."

One thing, too, he said that he wants to re-introduce the career development board for the junior sailors.

"This way, we can sit down with our sailors, and show them that we care about them and their future," Jones said. "And, I don't just mean their Navy future. We'll also be looking into other parts of their lives—such as outside education, volunteer programs and so forth."

We're basically charting out our sailor's careers whether they stay in four years or 20 years. We're going to help them with all of their choices."

He said that he is looking forward to his time here in Fallon and the challenges that he is facing.

"I do have a lot of work ahead of me," he said. "But my goal, while I'm here, is to make NAS Fallon the place where people will want to come. And, I would also like to see this base win the retention excellence award and to be the best at what we do—keeping our sailors."



Command Career Counselor, NC1(SW) Alfred "Big Al" Jones just arrived on base, and is already helping out sailors (Photo by JO2 Eric D. Ritter)

Right To Privacy a HIPAA, TRICARE Priority

From DoD TRICARE Management Activity

WASHINGTON (NNS)—As a beneficiary of the Department of Defense Military Health System (MHS) and TRICARE, one of the basic rights both service members and dependents have is the right to keep your health care information private.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 established health care standards or "privacy rules" that all U.S. military and civilian health care providers, hospitals and organizations are required to follow. These standards are meant to protect the privacy of health care information from unauthorized disclosure or use.

TRICARE will implement the new privacy rules April 14, 2003.

Under HIPAA privacy rules, the MHS is required to inform people how their personal health care information is used, provide guidance on privacy rights, and limit use and disclosure of personal health care information to the minimum required.

To increase beneficiary awareness regarding these new privacy rules, a copy of the MHS Notice of Privacy Practices will be sent to each TRICARE sponsor in Nov. 2002. Beneficiaries will be asked to acknowledge receipt of this privacy notice during their first scheduled appointment after April 14, 2003, at their local military treatment facility (MTF).

"The MHS has always had privacy and patient confidentiality standards in place to limit unauthorized access or disclosure of personal health care information," said Cmdr. Sam Jenkins, HIPAA privacy project

officer, TRICARE Management Activity. "These new privacy rules provide TRICARE beneficiaries with additional safeguards for ensuring their health care information is adequately protected and appropriately used by the MHS and TRICARE to provide quality patient care."

Permissible uses of health care information include treatment, payment for services provided and operations, such as patient billing or appointment scheduling.

Under the privacy rules, beneficiaries have the right to receive a notice of MHS privacy practices from the MTF; access, review and receive a copy of your personal medical record or health care information on file at the MTF; request a change or correct an error in your medical record;

See, Tricare, Page 8

First Class Association sends a little more relief



The NSAWC First Class Association shows off the funds that were raised from the recent 'spagetti feed'. The money will be going to scholarship funds for families affected by the terrorist attacks on the Pentagon last year. Pictured from left to right: AT1 Eric Hubert, AZ1 Lawrence Williamson, AE1 Edward Buckles and LN1 Ursula Brown (Photo by JO2 Luke Johnson).

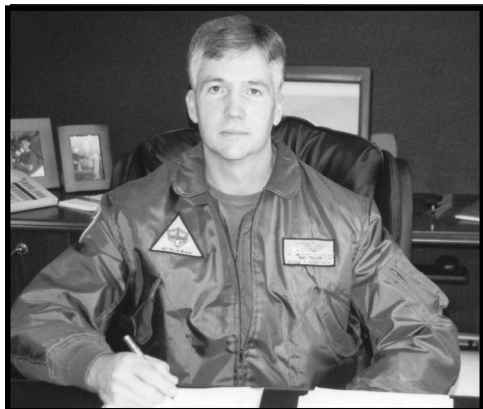
Captain's Call



Question: Personnel working shifts (most go until 1800) can't make it to the commissary, but it is opened for the CAG on Mondays until 1700, which doesn't benefit the watchstanders. Can the commissary stay open later?

Answer: Yes. We maintain a close relationship with the DECA folks that operate the NAS Fallon commissary, and they are usually responsive to the needs of our personnel. As you mentioned above, the commissary accommodates the visiting airwings by opening on the Mondays when they arrive. I have asked the commissary to remain open for the benefit of sailors that have duty turnover in the evenings, and they have agreed to modify their hours accordingly. The commissary will now be open until 1900 on Thursday. Please plan ahead and use the commissary prior to this closing hour. Keep in mind that if very few Sailors actually use the extended hours, the store hours will probably revert back to the earlier closing time.

If you have any questions for the Commanding Officer that you would like to see answered in this column, please forward them to the Public Affairs Office at 426-2880 or forward them through your chain of command to the Command Master Chief.



Scholarships for Military Children program opens for business

By Bonnie Powell, bonnie.powell@deca.mil

FORT LEE, Va. – The 2003 Scholarships for Military Children program opens for business Nov. 1 and the burning question is “how has being the child of a military service member influenced your educational goals?” That’s the essay topic for 2003 and if the two previous years are any indication, it’s a question applicants should consider carefully when applying for the \$1,500 scholarships.

The Scholarships for Military Children program is administered by the nonprofit Fisher House Foundation, best known for building family comfort homes near military medical facilities.

The Scholarships for Military Children program has awarded 920 scholarships and

nearly \$1.5 million in its first two years. All funds for scholarships are donated by the various manufacturers, brokers and suppliers that provide products for sale in military commissaries, which are recognized as a valuable quality of life benefit and an integral part of the military community.

Applications for the 2003 program can be downloaded from <http://www.commissaries.com> or <http://www.fisherhouse.org> starting Nov. 1. They can also be picked up at the base commissary toward the front of the store.

The deadline for returning applications by hand or mail to a commissary is Feb. 21, 2003.

The scholarship program is open to dependent unmarried children (under the age of 23) of active duty personnel, Reserve,

Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and that they have a current ID card. All applicants must be citizens of the United States.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2003. Students attending a community or junior college must be enrolled in a program of studies designed to transfer directly into a four-year program. See instruction sheets for additional criteria.

The Defense Commissary Agency operates nearly 280 com-

missaries worldwide, providing groceries to military personnel, retirees and their families. Authorized commissary patrons purchase items at cost plus a 5-percent surcharge, which covers costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$2,400 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Our nation’s work ethic continues to erode. The “*they owe it to me*” attitude has taken over the work place. And a whole lot of people just skate by in life, because some of them sincerely believe they’ll inherit everything from parents or grandparents. Yes, we’ve become a “taking” society. We judge our self-worth by the amount of our material possessions. Too many people expect things to just be handed to them on a silver platter.

In a matter of days we gather as a nation to celebrate a wonderful holiday – Thanksgiving Day. It is a time for families and friends to come together around a bountiful table, to actually spend time together and renew bonds of love and friendship. It is also a time for us to pause and ponder the many gifts and blessings that we actually do have. We acknowledge that we are recipients of so many things in this great land of opportunity. Thanksgiving Day serves as a reminder that we are connected to each other – that the labor and love of many people provides for our daily needs. We need to pause, to lift our hearts to the Creator and to say two simple words: “thank you.” Good manners require that we acknowledge the Giver and demonstrate some sign of gratitude toward the Giver. Thanksgiving Day ought to be a day to think about someone other than myself.

Life is not just about taking and receiving, and it is certainly more than taking a few seconds out of the year to “give thanks” over a roasted turkey. The celebration of Thanksgiving Day has the power to motivate us to reflect on how we can give back and contribute to good of the community in which we live and work. In the Christian scriptures Jesus tells his disciples, “To whom much is given, much more will be expected.” As you gather at the festival table, give thanks. Then seriously contemplate what you will *return* (give back) to your family, friends, shipmates, co-workers and the community during the next year. There is truth behind the saying, “It is better to give than to receive.” But it is a truth that only becomes apparent with generous, no-strings-attached *giving*.

My friends, may you have a wonderful Thanksgiving. May God continue to watch over you and bless you with the gift of peace.

Chapel Services

Catholic

Sunday: 9:30a.m. Mass
For other Catholic services available in town, please call St. Patrick’s at 423-2846

Protestant

Sunday: 11a.m. Worship Service
Communion Sunday is the first Sunday of each month.

The Desert Roundup
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All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication.
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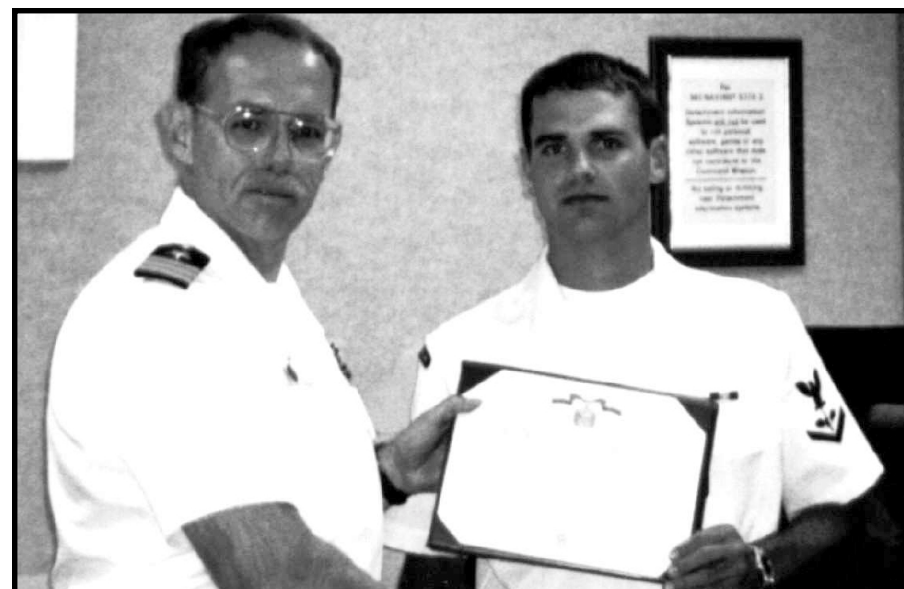
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Lt Tom Schrock, ATC Officer, has his Lieutenant bars pinned on with the help of his Ens (sel) Earl Drey and base CO, Capt Brad T. Goetsch during a recent frocking ceremony on base (Photo by JO2 Eric D. Ritter).



Cmdr Joseph Yetter, CO of Weather department's parent command, presents AG3 Daniel Baerwaldt with the Navy Achievement Medal (submitted photo).

NSWAC instructor spices up salsa competition

By JO3 Denise Morris

He not only has skills in the jet, but he has skill in the kitchen that helped him win the Reno Gazette Journal's first-ever salsa contest for his recipe. But Lt. Christopher "Chowdah" Hill, a NSWAC instructor, didn't always have success in the kitchen.

Recipes in the contest were evaluated for inventiveness and instructional clarity. Ten finalists' recipes were tasted and rated by a panel that included Abel Del Real of El Adobe Café who said Chowdah's salsa was the perfect mix. "If I were to have any of these in my restaurant, this is what I would have."

Hill is from North Quincy, Massachusetts (near Boston) and said he doesn't come from a whole family of cooks. "I grew up on macaroni and cheese, or chopped up hot dogs on Boston baked beans. Not very original. I couldn't even eat vegetables like green peppers or onions until a couple years ago." Which are main ingredients in his winning salsa recipe.

Hill said the folks in Boston haven't developed a taste for hot peppers, so when I brought the recipe home and made them taste it, I think I ruined their appetites. But the people around here, especially the guys in the AIC shop here in TOPGUN, said they liked it.

"Am I a natural cook? Negative. I just got lucky this time."

"Chowdah" said he didn't do so well with his first attempt at making the salsa. "The first time it was a disaster," he laughed. "I dumped half a shaker of salt in by accident—that killed it. One time, I put in three habaneros—that destroyed it. I didn't know how hot they were." Hill said the salsa has become a mainstay of his kitchen routine.

So how did he get into competing?

Hill credits Wendy Calvert, a civilian employee, for pushing him to submit his recipe to the contest. "I wouldn't have sent it without her prodding me."

He said that he is not a cook, but he learns by spending hours watching the Food Network. He said he only cooks to survive and most of the time his refrigerator is empty.

"I figured salsa might be an interesting hobby for me for a few months, so I made it several times in different sorts of ways." He continued, "I experimented with different methods of chopping and various portions of tomatoes. I settled on making tomato juice the primary ingredient, which is an idea that I stole from (a restaurant) here in town."

Chowdah offers some advice for his salsa: "If you don't want to destroy your taste buds, omit the habanero



Lt. Christopher "Chowdah" Hill shows off his kitchen skills (Photo by JO3 Denise Morris).

from the recipe and you should be good to go. That would be considered, 'Chowdah's Medium Damn Salsa.'"

What's next for the salsa winner? "The perfect home-cooked pizza. Standby."

Chowdah's Hot Damn Salsa

1 medium-sized onion, chopped small
1 large green pepper, chopped small
2 small tomatoes, chopped small
1 habanero, minced
2 jalapenos, minced
Mix all ingredients with 2 cans of V-8 or tomato juice.
Add the following:
3 tablespoons minced garlic
1 tablespoon salt
2 teaspoons pepper
1 tablespoon minced fresh cilantro
A few pinches of crushed red pepper
A pinch of cinnamon
A few pinches of brown sugar
One tablespoon of lemon
Stir. Cover and refrigerate overnight or 8 hours.
Makes many, many servings.

It's *sniff* flu season



HM2 David Clipson checks blood pressure of servicemembers during this year's flu inoculation day. Sailors were treated to a flu shot, blood pressure, eye exam, height/weight check and a brief individual health counseling in the base's Multi-purpose building. Strangers who were not able to get their shot last week can still go through the process at the base Medical Clinic. For more information, please call 426-3100 (Photo by JO2 Eric D. Ritter).

News and Notes

Pony Express Outfitters will be sponsoring a fishing derby at Walker Lake on Saturday, 23 November, 2002, starting at 0900. Derby ends at 1500, with final weigh-in at the boat dock at Sportsman's Beach at 1530.

DETAILS:

- Fish from boat or shore. (Pony Express boat and pole rentals 1/2 off for the day)
- \$15.00 per person entry fee.
- Derby registrations taken at building 393 until 1600, Wednesday, 20 November.
- Provide your own food, beverages, and tackle.
- Pony Express Outfitters will provide transportation if needed. Sign up for ride at registration.
- Must have current Nevada fishing license. Available at Pony express Outfitters if needed.

PRIZES:

- Biggest Fish
- 1st place - Free ski boat for the week-end.
- 2nd place -Ski package for two at Squaw Valley. Includes lift tickets, ski's, poles, and boots.
- 3rd place - Free week-end rental of 21' Aerolite trailer.
- Heaviest Creel
- Free week-end rental of 16' Fisher fishing boat.

MWR Holiday Party Fund Raiser....

Spaghetti Feed
19 November

1030 - 1230 in front of the Silver

State Club
\$3.50 per plate
Spaghetti
salad
garlic bread
soda
Call in orders for pick up X2625

WWE Survivor Series
at Planet X
17 November at 5pm

Silver State O'Club
Family Night Mexican Style
21 November
5-8pm

ITT and Jst REC It present...
Holiday Shopping Bus Trip
in Sacramento
30 November 7am-7pm
Call 426-2865 for more info

Christmas Tree lighting



Everyone is invited to witness and participate in the city of Fallon's annual Christmas tree lighting. It all begins Dec 6, 6pm, on Maine Street.

Aluminum can recycling: a never-ending cycle

Provided by: Cecil Cook,
Base Recycling coordinator

Recycling reuses materials that would otherwise be thrown away. A good example of this is aluminum can recycling. Have you ever wondered how much energy you save when you toss your empty aluminum soda, juice, or beer cans into a recycling bin? Or how much is wasted if you throw it away? More than 50 percent of all aluminum are now recycled. By the year 2005 container manufacturers expected to recycle 75 percent of the 50 billion cans used each year.

Recycling aluminum cans requires less than 5 percent of the energy originally used to make them from scrap. This is comparable to improving your cars miles per gallon by 19 times. Most of the bauxite

ore used for aluminum production must be imported. It is then shipped to a refinery, where machines crush and chemically treat the ore to produce a white powdery oxide called Alumina. Then high voltage electrical current is passed through the alumina powder to separate the aluminum from the oxygen. The molten metal is drawn off and cast into ingots for use in manufacturing.

To produce manufacturing-grade aluminum through recycling, scrap is simply melted and recast into ingots. This eliminates the mining, shipping of ore, refining, and the reduction process, which saves an enormous amount of energy. Once produced and used, the aluminum cans is completely recyclable, thus the never ending cycle. By recycling just one aluminum cans we save enough energy

to keep a 100 watt bulb burning about three and one-half hours. For each pound of aluminum recycling (one pound = 30 cans), the industry saves the energy resources that generate about 71.5 kilowatt hours of electricity. Here at NAS Fallon we recycle about 1,000 pounds per month. This is accomplished thanks to Office Recycling, Curbside Recycling, and a local community drop-off center.

So, don't trash that aluminum can, recycle it. It may only be worth about a penny to you, but it is worth much more to our environment. Recycling is not only politically correct these days, it is becoming a necessity. Any way you crush it or melt it, that recyclable can is valuable. If you have any questions, call the Recycling Center at 426-2274

Volunteers Needed to Help Youth DEFY Drugs

From DEFY Program Public Affairs
WASHINGTON (NNS) — Stress can be one contributing factor in a youth's decision to experiment with illegal drugs or alcohol.

The Department of the Navy's Drug Education For Youth (DEFY) works to reduce the negative impacts of that stress. DEFY strengthens youth by providing them with the resistance and life skills they need to avoid involvement in drugs, gangs and crime. The free program also provides other important lessons on study skills, violence prevention, personal safety, diversity, conflict resolution and Internet safety.

"We greatly exceeded our goals for expansion last year, and expect to have an even larger increase in the number of bases that provide the DEFY program this year," said DEFY Program Manager, Timm Bentley. "In order to reach more youth, we need the help of military members, their spouses and civilian employees, who have the time and desire to make a difference in a child's life."

DEFY is offered at no cost to Navy and Marine Corps bases. The Department of the Navy funds both supplies and training for the program. Bentley said anyone interested in initiating the DEFY program on their base should contact the program office at (202) 433-3113 to learn how to get started.

"It's important that those interested contact us immediately, so they can register for this year's training

conference," Bentley said. The conference is Feb. 25-27 in Reno, Nev. Registration deadline is Jan. 10.

DEFY provides positive role model mentoring and community outreach, to improve the quality of life of military personnel and their families. It is designed to produce graduates with character, leadership and confidence to engage in positive, healthy lifestyles as drug-free citizens.

The year-long program includes a one-week summer leadership camp, followed by a year of mentorship. Both phases combine education on health, physical fitness, citizenship and life skills. It gives children the skills they need to grow up smart and strong in a world that can present them with a confusing array of choices.

Bentley said adult volunteers are needed to help military dependents learn skills they'll need as they grow up. It takes at least one adult volunteer for every eight children who participate in the DEFY program.

"This program is also an ideal example of what is possible when people unite for a worthwhile cause," he said. "It takes a lot of energy, and most importantly, a strong commitment to make a difference in the lives of our young people."

Participants from around the world attend the training conference to receive refresher training and learn new methods being used for the week-long youth camps and follow-up mentoring.

DEFY also relies heavily on the involvement of parents who receive information and resources, such as referrals to other youth organizations and Internet safety.

"DEFY is not a replacement for parents," Bentley said. "It's a tool for parents to use to help their children realize their potential."

Since its beginning in 1993, more than 30,000 youth have graduated from the DEFY program. The DEFY website is located at www.hq.navy.mil/defy.

New Face on Base



MA2 (SW) Alan Gennette, MWD handler, who recently arrived to NAS Fallon from NSA Souda Bay Crete, Greece. The Los Angeles native likes swimming, lifting weights, dirt biking and 4-wheeling when he isn't working. While he is here, he plans to attend college and work on getting as much knowledge about law enforcement as he can.

HealthWatch — Breakfast: It's Essential for Adults and Children

By Brian Badura, Bureau of Medicine and Surgery

PORTSMOUTH, Va. (NNS) — The old adage that says “breakfast is the most important meal of the day” isn’t just some old wives’ tale.

Research over the years has shown the benefits of breakfast touch everyone, young and old.

“Studies have shown how eating breakfast benefits memory and overall health,” said Lori Tubbs, a registered dietician and the nutrition program manager at the Navy Environmental Health Center (NEHC) in Portsmouth.

Tubbs said skipping breakfast robs your body of the fuel it needs to perform essential functions. It helps boost your body’s energy level throughout the day, improving brain function, regulating your eating patterns and stimulating metabolism.

Think about it another way. Let’s say you eat dinner at 7 p.m., skip breakfast the next day, and eat your next meal at noon. That’s fifteen hours of depriving your body of important energy it needs to operate.

“Breakfast helps get your body’s metabolism going and helps meet the recommended dietary intake of car-

bohydrates, fiber and protein,” said Tubbs.

Your car needs fuel to run properly and so does your body. When you skip meals, your body must work extra hard to break down stored energy in order to keep going, which leads to deprivation of function in other areas, such as the ability to concentrate.

Some people believe skipping breakfast will help them lose weight. But according to studies, skipping breakfast often leads to overeating later in the day, which can actually result in a greater intake of calories.

Children also benefit greatly from eating breakfast. A 1998 joint study by Harvard Medical School and Massachusetts General Hospital found that school age children who eat breakfast have improved math grades, reduced hyperactivity and decreased absence when compared to children who did not eat breakfast.

If mornings are too busy for a hot cooked breakfast, Tubbs recommends grabbing a piece of fruit or a container of yogurt to eat on the run.

“There are many products on the market today in convenient packaging designed to fit our busy

lifestyles,” she added.

Try eating breakfast for a week. Chances are you’ll experience an improvement in the way you feel throughout the day.

To learn more about proper nutrition, visit the NEHC Web site at www-nehc.med.navy.mil.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.

Educational Opportunitites

Servicemembers who are interested in pursuing their bachelor’s or master’s degree in 2003 can use their Top-Up and GI Bill benefits at many well-known educational institutions. Since military students are in demand, many universities accept VA benefits and have created flexible programs to fit the needs of military students. Servicemembers may already have earned credit toward their degree through military service.

To find military-friendly schools and request free information on educational opportunities, visit the Navy College office or call 426-4104.

Smoke Out 2002 nears

By Mark A. Long, Navy Environmental Health Center

MILLINGTON, Tenn. (NNS) — The Navy Environmental Health Center (NEHC), Navy Personnel Command (NPC) and Navy Exchange Command (NEXCOM) are partnering with the American Cancer Society Nov. 21 to host the Great American Smoke Out Day.

The Smoke Out, which has been held annually since 1977, is designed to help smokers quit for the day and hopefully, for good. Additional goals of the event include preventing tobacco use by children, youth and adults, and renewing America’s commitment to a tobacco-free environment.

The Navy is also concerned about the effects of secondhand smoke on Sailors, Marines and their families. Lt. Cmdr. Kevin Kennedy, NPC’s Tobacco Cessation Program action officer, highlights the following from the new Secretary of the Navy Instruction 5100.13C: “(Department of the Navy) policy is to reduce tobacco use and protect personnel from involuntary exposure to environmental tobacco smoke to the greatest extent possible. Where conflicts arise between the rights of nonsmokers and the rights of smokers, the rights of nonsmokers to a smoke-free airspace shall prevail.”

The Navy is planning special events and activities at numerous bases.

At Naval Training Center Great Lakes, Ill., for example, the Health Promotion Council is planning to set up tobacco awareness and education tables at the service school galley, the Enlisted Club and at eight other commands around the base.

Special “Tobacco Free” posters have been developed and will be posted in strategic places. A one-day cessation class will be offered to tobacco users on Smoke Out Day.

Additional Smoke Out highlights around the fleet include fun runs, contests, raffles, costumed personnel encouraging abstinence, outreach to youth at schools, special quitting programs and motivational speakers on bases.

Why not adopt a smoker trying to quit, or ponder quitting yourself? Help them join the millions who have quit on this day.

Web-based quitting programs and hotlines are available at www-nehc.med.navy.mil/hp/tobacco, as are cessation programs through the military treatment facilities’ Health Promotion Program.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp.



It's almost the Holidays again!

Before we know it, Thanksgiving will be here, marking the official beginning of the holiday season. And as usual, merchants are preparing for what they expect will be their busiest day of the year . . . Friday, November 30th. Is it too early to talk about the Holidays? Not really. Planning doesn't happen overnight, and this is a great time to make plans with family and friends that spell FUN not disappointment. So as a precursor to holiday events . . . let's look at another definition of FUN.

F – "F" represents all the financial costs of holiday dinners, travel plans and gift giving. All of us must make holiday financial decisions annually. Sometimes these decisions cause us to spend more than we would like, while other times they are the basis for disappointment. Whatever decisions you need to make this year are not nearly as important as how you make them. Whenever possible, make these decisions jointly with those who are close to you and who will be part of your holiday plans. Group decisions on travel, dinners and gift giving can make financial obligations during the holidays more realistic.

U – "U" represents understanding others and how you interpret what their holiday expectations are. Remember, none of us are "mind-readers", so the important component here is communication. Ask those close to you what they are expecting in the way of holiday

celebrations. Negotiate with them what is best for everyone (including yourself) and begin planning your holiday time with open communication, understanding of others needs and a basic agreement of what the expected holiday celebration will actually be like.

N – "N" represents your needs . . . and implies that you as an individual are able to recognize what YOU need this holiday to provide you. If you are able to celebrate with family and friends be clear about what you will need to make you happy, and take your own steps to ensure that your needs are met. If you are far unable to celebrate with family and friends, take the time to determine what you will need to do in order to make the holiday right for you. Once you have identified your needs, be proactive in making those things happen that will be important to you. By directly influencing the outcome, you are more likely to enjoy the holiday season.

And what is the bottom line? Be realistic through all aspects of holiday financial planning. Be open and understanding of the expectations of others, and last but not least, always include your own needs into the plan. If you would like suggestions for holiday planning, contact the Fleet and Family Support Center (FFSC) at 426-3333. FFSC staff are available to provide a variety of information from financial planning to referral sources that can make your holiday celebrations successful .

Desert Moon Theater

Friday, Nov 15	6:30pm	The Tuxedo (PG13)
	9pm	Barbershop (PG13)
Saturday, Nov 16	6:30pm	Trapped (R)
	9pm	Red Dragon (R)
Sunday, Nov 17	2pm	Lilo & Stitch (PG)
	5pm	Barbershop (PG13)
	7:30pm	Austin Powers 3(PG13)
Monday, Nov 18	6:30pm	Banger Sisters (R)
Tuesday, Nov 19	6:30pm	Barbershop (PG13)
Wednesday, Nov 20	6:30pm	Trapped (R)
Thursday, Nov 21	6:30pm	Red Dragon (PG13)
Friday, Nov 22	6:30pm	The Tuxedo(PG13)
	9pm	Sweet Home Alabama(PG13)
Saturday, Nov 23	6:30pm	The Transporter (PG13)
	9pm	Red Dragon (R)
Sunday, Nov 24	2pm	Lilo and Stitch (PG)
	5pm	Jonah: Veggie Tales (G)
	7:30pm	Barbershop (PG13)

Movie dates and times after Nov 25 TBA
Call the Theater for up-to-date times at 426-2552

Seabee Ball Fundraiser Golf Scramble



When: Nov 22
Where: Desert Lakes Golf Club, Fernley
Time: 10am Shotgun start
Cost: \$ 40 includes greens fee, cart and lunch

Lunch includes hamburger, chips and choice of drink

Four person teams
Best Ball

Money is due to CM1(SCW) Myers NLT 2pm, Nov 18

For more information, phone 426-3355

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The Desert Classifieds

Pets:

--If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information.

Autos:

--2001 GMC Jimmy 4x4 SUV for sale. 26,000 miles, every option but leather. still under warranty. asking \$18,500 firm, well under blue book. Ask for Joel 428-6898

For sale: '86 Mercury Cougar; automatic; runs well but needs some work; \$650 obo; call Shaun at 428-6645

--'93 Ford Explorer 4x4 Sport 2D. Forest green w/ tan leather. AC, power everything, cruise, alarm. Excellent condition at NASF Lemon Lot, \$4,250 -- email: wannabebob@yahoo.com or call bill at 426-3162

--Motorcycles: 1998 RM 125 Suzuki, many-many extra parts, excellent running machine, must go... asking \$2,850.00 or best offer (O.B.O.); 2001 RM 125 Suzuki, brand new with low hours, must go, asking \$3,750.00 or best offer (O.B.O.) Truck: 1997 Dodge Ram 1500, extended cab, 4x4, 5.9L V-8, automatic transmission, power everything, 3.5 inch lift with off-road tires, sprayed in bed liner, asking \$16,500.00 or best offer (O.B.O.) Contact Dustin Wiggans anytime. Work (775) 426-2319 or Home (775) 428-1122.

--1998 Jeep Grand Cherokee 5.9 Ltd 4x4, AT, CD, Leather, Silver Metallic, A/C, PW,PD/L, Onboard Computer, Nice Condition, 93k miles, \$14,500 OBO. Call Steve (775) 745-0837.--1989 Olds Cutlass Sierra, V6, 4DR, AT, Blue, Cassette, Runs Well, 190k miles, \$1000 OBO, call Steve (775) 745-0837.

--1989 Olds Cutlass Sierra V6, 4DR, AT,

Blue, Cassette, Runs Well, 190k miles, \$1,000 OBO. Call Steve (775) 745-0837. (775) 745-0837.

--1986 Mercury Cougar. Call 428-6645
Lowrider Bicycle Parts: 2 frames 1 gold, 1 red, tires, fenders handlebars, All for \$200 or best offer. Call Ruben at 775 428-1501.
Roper brand Dryer. Almost new works

perfectly. \$200. Call Ruben at 775 428-1501.

--Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500. Please call 423-2624.

--1995 GE., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal

working hours or 423-8619, after normal working hours.

--1994 CR250L Honda. Great bike! Includes brand new helmet, gloves & gas can. Must go. Asking \$1600 OBO. and 8'x8'x12' chain fence dog kennel. \$100 OBO, hp lawn mower. \$100 OBO. Contact Sean Lawson anytime. work (775) 426-3441. home (775) 423-9255.

--Deluxe Stoller with car seat \$45 obo and "Hello Kitty" high chair, \$5; 2 bar stools,

\$15 or 1 each, \$8 Call Mardie at 423-2246. Share Rental—2 bedroom apt. in Fallon. \$275/ month. Includes utilities. 423-7918. Misc.:

I am looking for a roommate to share a 2 bedroom, fully furnished apartment located in a quiet part of town. The rent is \$275 a month and includes all utilities (elec., gas, water, garbage) Cable TV and telephone are extra. It takes approximately 10-15 minutes to get to Fallon NAS 423-7918

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know how, when and to whom your medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and provide written instructions on your personal preferences regarding use and disclosure of your personal health information.

Your personal health care information may be disclosed to other health care providers such as specialists, pharmacists or laboratory technicians who, at the request of your primary care manager, may need access to your private health care information to provide you with optimal care.

MTFs may not share your personal health care information with outside sources for marketing, health care research or any other reason without your knowledge and written consent.

A copy of the MHS Notice of Privacy Practices is on the TRICARE website at www.tricare.osd.mil/hipaa. Additional information on TRICARE and the HIPAA privacy rules is also available at this site.

For related news, visit the Navy Medicine Navy NewsStand page at www.news.navy.mil/local/mednews.